

# UNITY

# DAILY WORD

OCTOBER, 1925

IN THIS ISSUE.  
SPECIAL ARTICLE:

“Metaphysical  
Diagnosis”

The object of man's existence is to demonstrate the Truth of Being.--Charles Fillmore.

A monthly manual of daily studies  
in Christian metaphysics

10 cents a copy

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## STILL TRUE TO CHRIST

In these days when there is much discussion over religious matters, when fundamentalists and modernists battle and rage, when theological speculations and dogmas and traditions are on trial, it is the duty of the practical Christian to keep himself apart from all contention.

Let the love of God free us from all desire for argument or controversy. Let the peace of God assure us that harmony will prevail. Let our faith prompt us to know that Truth will defend itself.

Let us give up all allegiance to theology and be loyal to the Truth of Christ. In place of medieval dogmas let us see Christ's Truth written in the hearts of men. Human thought evolves and man rises higher and higher in his realization of his divine sonship.







# UNITY DAILY WORD

A monthly manual of daily studies in Christian metaphysics, issued the first day of the month by

UNITY SCHOOL OF CHRISTIANITY

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F. B. WHITNEY, *Editor*

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## WATCH AND PRAY

Man's salvation from sin, disease, and death depends upon his ability to cast from thought all belief that these can have presence or power in his life. He needs so to guard his thought each moment that he may be conscious of the presence of Christ, in whom are bountiful health and life eternal.

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# LESSON SUBJECTS

*October 1-3, Strength:*

Deny Weakness; Strength of Truth; Physical Strength.

*October 5-10, Rebirth:*

Consciousness; Heredity; Thought; Desire; Love; Dominion.

*October 12-17, Health:*

Pathology; Health Laws; Health and Religion; Healthful Thought; Age and Youth; Death and Life.

*October 19-24, God:*

Father Mind; Source; Wisdom; Good; Principle; Omnipresence.

*October 26-31, God:*

Spirit; Life; Love; Power; Substance; Supply.

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The November number of this magazine will contain a special article, "The Magic of Praise."

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## BOOKS RECOMMENDED

CHRISTIAN HEALING (cloth).....	\$2.00
LESSONS IN TRUTH (cloth).....	\$1.50
MISCELLANEOUS WRITINGS (cloth).....	\$1.50

## THURSDAY, OCTOBER 1

*Word for Today: Belief in weakness can have no place in my mind or my body. I am strong with the strength of my indwelling God.*

If you want to be healthy, do not imagine so vain a thing as weakness and decrepitude.—*Christian Healing*.

In studying strength, our first step is to deny belief in its lack—weakness. Such belief comes from the adverse consciousness which says that man is something which varies in weakness and in strength. In spiritual consciousness we know that man is made in the image and likeness of strength, of God. In reality, man is never weak; he is eternally strong. The consciousness of the individual may fail to grasp this truth and, through his negative, self-hypnotizing thought, may burden him with beliefs in weakness. In absolute truth, man is not affected by even his own negative thinking.

Deny the belief that you are anything short of the abundant strength of God. Replace this denial with the affirmative truth that you are now and here conscious of that which you are in reality. You are strong with the strength of your indwelling God.

In your imagination, replace the image of weakness with one of strength. Visualize man as the embodiment of strength and see yourself as healthy and strong.

“Let the weak say, I am strong.”

## FRIDAY, OCTOBER 2

*Word for Today: In consciousness I am mighty to overthrow every mortal obstacle and to realize the Truth about my all-powerful strength.*

I am now in harmony with the Father, and stronger than any mortal law.—*Christian Healing*.

In consciousness we first overcome and overthrow the adversary. There we realize the weakness of anything which would contend against the strength of God, innate in man. There, through consciousness of uncompromising strength, we realize the frailty of mortal belief and its so-called laws. There we unify ourselves with the Father's strength and go forth armed with that which is mighty under all circumstances.

Truth is always victor. False beliefs have no chance when Truth is active in consciousness. The activity and the strength of Truth render beliefs in weakness and inefficiency null and void.

Obstacles have power over you only to the extent to which you give them power in your consciousness. Many men have failed because they saw obstacles and hindrances in their path; those who followed were successful because they saw the obstacles removed and beheld their way freed from every limitation and hindrance.

“Stand therefore, having girded your loins with truth.”

“Jehovah is my strength and my shield.”

## SATURDAY, OCTOBER 3

*Word for Today: The strength of God is my strength and I am physically strong.*

God is the strength of my life. I do not believe in exhaustion of strength. Strength is always present in its supreme completeness, and I am eternally strong. Spirit is the strength of my loins, and my back is free from all thought of burdens.—*Christian Healing*.

Think of the strength of God as focused or centered in your body. Metaphysicians tell us that the small of the back is the center from which radiates strength. The Bible refers to the strength of the loins. We unconsciously think of the loins as the place from which strength issues, and if this center is strong our whole body has a feeling of strength.

If one believes that he carries burdens, this belief is expressed in the back and one has a sense of the weight of physical burdens. Physicians have observed that when men are heavily burdened with financial responsibilities or feel weighted down with failure or grief, the organs in the small of the back take on weakness.

We can see that if we wish to be strong and to express strength we need to keep out of mind all belief in burden, failure, and weakness. We must so charge the consciousness with strength and so unify ourselves with the strength of God within us that our bodies will be just full of strength.

**"She girdeth her loins with strength."**

## SUNDAY, OCTOBER 4

*Word for Today: Seeking for God within, I find him as the fulfillment of all my desires.*

Earnest men and women, who have recognized this inner hunger as the heart's cry after God, have left seeking after things, and have sought, by devoted worship and by service to others, to enter into this consciousness.—*Lessons in Truth*.

When Paul made his immortal speech to the Athenians, after seeing their altar to an unknown god, he sought to make known to them the true character of God. He sought to turn them from things of the outer and to help them enter the consciousness in which one knows that he lives and moves and has his being in God.

Many who pour out their devotion before some statue or some altar are in the consciousness of worshiping an unknown god. One does not find God in external things. God is revealed in the manifest only after one has found him in the invisible, in the great within at the center of one's being.

One finds God only after one has ceased to seek after things and after he has entered the consciousness of the within. We feel after God or seek to sense his presence. Instead of feeling the pain or the pleasure of sense, we feel God in his fullness.

“That they should seek God, if haply they might feel after him and find him, though he is not far from each one of us.”

## MONDAY, OCTOBER 5

*Word for Today: Renewed in consciousness, I feel that my whole being is renewed and regenerated.*

Being "born again," or "born from above," is not a miraculous change that takes place in man; it is the establishment in his consciousness of that which has always existed as the man idea in Divine Mind.—*Christian Healing*.

Rebirth first takes place in consciousness. There man frees himself from the limited beliefs of physical birth and beholds himself as spiritual. He rejects all fallacious beliefs as to what man is and establishes the truth that his birth is spiritual. His change of thought changes his whole outlook.

Unless he makes this change in consciousness he is unable to see himself as Godlike. Through consciousness alone can he establish himself in the kingdom of God. Man's rebirth depends upon the birth or bringing forth of the spiritual truth about himself. No external factor or agent has power to renew or regenerate him.

Regeneration is a process of becoming reborn. Through it, man gives up the thought that he is bound by the adverse beliefs of the flesh.

We see that rebirth depends upon one's getting the clear realization of the spiritual truth about himself.

"Except one be born anew, he cannot see the kingdom of God."

## TUESDAY, OCTOBER 6

*Word for Today: I am free from all belief in flesh heredity. I am created in the image and after the likeness of God.*

The I AM that desires to function on the spiritual plane must drop all belief of fleshly parentage. It must count as rubbish all pride of ancestry.—*Christian Healing*.

Through spiritual rebirth, man loses sight of physical parentage and the belief in fleshly heredity. "Call no man your father on the earth: for one is your Father, even he who is in heaven." Through Truth, man wipes out race beliefs and all the limited ideas he has inherited from ancestors. "The son shall not bear the iniquity of the father."

But one is his Father—God. Through God, man inherits the truth about himself. He inherits life, health, and perfection. Through rebirth, through claiming that which is his in truth, man is restored to that which he has been for all time: the image and likeness of his Father.

When man gives up pride in his family tree and his desire to lay claim to the blue blood of ancestors, he opens the way in consciousness for making contact with that parentage which is supreme and divine. Then he may justly glory in his ancestry, for his sonship relates him to the Father.

"In those days they shall say no more, The fathers have eaten sour grapes, and the children's teeth are set on edge."

WEDNESDAY, OCTOBER 7

*Word for Today: Through my spiritual rebirth, my mind and my thought are renewed and spiritualized.*

This is regeneration, in which man is saved from his evil thoughts—Satan—and permanently united with his good thoughts—Christ.—*Christian Healing*.

Rebirth brings about mental purification. In fact, the individual must be mentally prepared before rebirth can take place in him.

The baptism of Spirit both cleanses the mind of evil thoughts and initiates it into spiritual thinking. Thoughts of sin, disease, and limitation are washed away by spiritual rebirth. The mind of the individual is then given to thinking thoughts of life, health, love, and truth.

Christ to us is symbolical of Truth. We think of the mind of Christ as that consciousness which is ours when we know Truth in the absolute, in the unlimited. Our thoughts are Christlike when we awaken to the mind of Christ which is ours after spiritual rebirth.

Spirit is the censor of all our thoughts when we give ourselves to the higher life. Only the thoughts which are high and good and true can come to consciousness when Spirit is the standard and the disciplinarian. The mind of the Spirit is that consciousness which we have when we are fully awake upon the spiritual plane.

“The mind of the Spirit is life and peace.”

## THURSDAY, OCTOBER 8

*Word for Today: My desires no longer lead me away from God. I desire only that which is spiritual and good.*

There are people who have had enough fleshly experience, and who now desire to be born into the Spirit. That desire will open the door into the Spirit.—*Christian Healing*.

When one takes the stand for spiritual rebirth, he must discipline himself and see that all his desires are for spiritual things. To be swayed by desires which are not high and noble would but cause him to be plunged again into the depths of negation and limitation.

Man establishes his life according to his innate desires. If his desire is for the flesh and to satisfy fleshly appetite, he moves in that direction; his appetite and his desire so dominate and govern him that he is virtually driven to give them satisfaction.

When we awaken to our spiritual sonship, all our desires are transmuted and we desire only that which is spiritual and good. We desire more of truth, love, and life. We desire to know more of what we are in reality and in truth. We desire to express more of God.

One who is spiritually reborn awakens to a new life in which he has new desires and new ambitions. His desires are centered upon things which formerly were unknown to him.

“Desire earnestly spiritual gifts.”

## FRIDAY, OCTOBER 9

*Word for Today: Reborn into the kingdom of perfect love, I am loving toward all people.*

Do you love your enemies? . . . This is required of one who seeks the new birth.—*Christian Healing*.

Our rebirth establishes us in a kingdom where hate is unknown and where love reigns supreme. There every one loves us and we love every one. In the higher consciousness there is naught but love.

Our translation into the kingdom causes us to see all people in a new light. We see them free from personality and from hate. We see them as they are in truth—loving and free.

One's ability to love unselfishly and impersonally helps him to find the way into the spiritual kingdom. This realm lies within him. In the inmost depths of his being he finds the kingdom of heaven and of love.

One cannot carry personal animosities and hate into heaven. In heaven there is no room for anything unlike love; there love is enthroned as king.

Love prepares one for the kingdom; it also maintains one there. When one does not love he automatically expels himself from the kingdom. That which is unloving cannot stay in the presence of love.

Love is champion and victor. Through love, causes are won; through love, man overcomes.

“Every one that loveth is begotten of God, and knoweth God.”

## SATURDAY, OCTOBER 10

*Word for Today: Conscious of my spiritual birthright, I have dominion over all things.*

Man, who is at first living in the selfish animal part of himself, shall grow up through various stages and by various processes into the divine or spiritual understanding where he . . . has conscious dominion over all things.—*Lessons in Truth*.

When one evolves into spiritual understanding, he perceives his God-given dominion over all things. He gives up all the fear of the animal man. He loses all sense of subordination and subjugation. He beholds the meaning of complete mastery and sees himself as the perfect master.

Spiritual understanding gives us a perception of our true spiritual birth. We see but one Power, the might of that Power within us. We can recognize no domination by so-called external powers.

Power, mastery, and dominion belong to the one who has awakened to the power of God inherent within him, the man who knows that the power of God is his own power and gives him mastery and dominion.

Man's birthright includes all power. There is nothing over which he cannot exercise spiritual dominion. He has power to annihilate the belief and appearance of disease. He has power to rise to the heights of spiritual consciousness.

“The upright shall have dominion.”

## SUNDAY, OCTOBER 11

*Word for Today: I have courage to stand for the truth at all times.*

No one enters into the kingdom of God within, sits upon the throne, and abides there, until he has the courage and fearlessness to proclaim himself joint heir with Jesus Christ.—*Christian Healing*.

Paul was staying at the home of Titus Justus at a time when there was opposition to the apostle's work. Paul had to take a stand for the Master's teachings and to declare himself for Him. At this time, the Lord appeared to Paul and encouraged him in his work.

We do not lay hold of our mastery until we have the courage to take our stand with Jesus Christ. Regardless of what people say, we should be loyal to His teachings. We should have the courage and fearlessness of Jesus. We should let the Spirit of Christ be personified in us.

The voice of Spirit within us always inspires and encourages. It directs us not to make peace with evil but to be reconciled to good. It assures us of its constant companionship.

Those who are inclined to listen to the discouraging words of outsiders should turn away and see what the inner voice has to say. They will hear it speak to them as it spoke to Paul:

“Be not afraid, but speak and hold not thy peace: for I am with thee, and no man shall set on thee to harm thee.”

MONDAY, OCTOBER 12

*Word for Today: I am not concerned with disease or its theories. My whole thought is given to health and perfection—the truth of God.*

Some people think that they can learn how to be healthy by studying disease . . . The study of health as a real principle involved in the being of man, leads to the discovery of its foundation—mental harmony.—*Christian Healing*.

Those who study disease and pathology tend to fix in their minds a belief in disease as a reality. They think of disease as natural to man and of man as susceptible to disease. They give themselves to a negative study and then look for a positive outcome. They hope to arrive at health by fixing their vision upon that which is not health.

One does not learn mathematics by studying a science founded upon mathematical errors. The musician does not hope to produce harmony by studying a science of discord and inharmony.

Those who recognize disease and know its so-called laws usually think of it as something that has been visited upon them by the work of some mighty power, little knowing that their own thought has put it upon them. Knowledge of Truth takes away disease and all the erroneous illusions about disease.

“Jehovah will take away from thee all sickness; and none of the evil diseases of Egypt, which thou knowest, will he put upon thee.”

TUESDAY, OCTOBER 13

*Word for Today: The law of health in Christ Jesus frees me from all so-called laws of disease.*

We have always been told that we should be healthy if we conformed to the laws of nature, but no one has been able to tell us just what these laws are. . . . We have done all these things, and there is yet something lacking.—*Christian Healing*.

Neither make disease laws for others nor let yourself come under those which others would make for you. Health experts have never agreed upon standards for dieting, bathing, breathing, and exercising. Each one has his own hobby and his own personal opinions. To make a law that all people should adopt a certain mode of living would be folly. Each man must be a law to himself.

All so-called natural treatment must be secondary to metaphysical understanding. When one has the right understanding, he knows just what to eat, how to breathe properly, and when to bathe. Do not get the idea that because you are a metaphysician you need not observe certain consistent practices in keeping your body healthy. The metaphysician should know how to keep his body pure and strong and healthy. His right thought should be expressed in his body as perfect health.

Spiritual understanding gives one that higher vision of the body which wipes out all negation.

*"Blessed are they that keep his testimonies."*

## WEDNESDAY, OCTOBER 14

*Word for Today: My health comes from God and in him I am healthy and strong.*

Many think that health and fullness of life may be had without him [God], and when asking the help of a metaphysician they often stipulate that they shall not be given any religious doctrines with the treatments.—*Christian Healing*.

The practitioner of Christian healing should instill into the mind of his pupil the knowledge that all healing comes from the Spirit within. We cannot separate life from the life of God; we cannot separate right thought from the mind of God; we cannot live apart from the presence of God.

Many people desire healing without religion because they do not wish to discipline themselves and to correct their thoughts and their habits. Healing comes through one's turning from the thought that produces disease and through one's turning to the spiritual truth about one's being.

When one feels a lack of life and energy, he has but to connect with the abundant, free-flowing life of God within himself.

Christianity tends to cause man to give up the vicious thoughts and habits that produce disease. Through religion, man learns that he is created in the image and after the likeness of God. Religion gives him the spiritual vision through which he beholds himself in health and perfection.

“My help cometh from the Lord” (A. V.).

## THURSDAY, OCTOBER 15

Word for Today: *Thoughts of disease have no place in my mentality. My mind and my body are filled with the healing presence of Christ.*

Thought is the creative power through which man builds a mentality and a body of perfection.  
—*Christian Healing*.

One removes disease from the body by first wiping thought of it and belief in it from his consciousness. The metaphysician deals primarily with the diseased mentality. He helps to erase the thought which produces disease and replaces it with the spiritual consciousness which causes health to manifest.

The mind is the avenue through which disease enters the body. One without adverse thought cannot picture disease upon his physical organism.

Fill the consciousness with health and health overflows into the body. Visualize the perfect body and it manifests.

Jesus delivered the Christ truth to mankind. He taught that man can obtain salvation from disease through knowledge of his true being.

With his mind and his vision upon Christ perfection, man is assured of freedom from disease; he will have health at all times. Jesus is man's savior because the truth of Christ gives man perfect freedom and health. The mind of Christ, man's spiritual consciousness, externalizes as the perfect Christ body.

“As he thinketh within himself, so is he.”

## FRIDAY, OCTOBER 16

*Word for Today: All belief in age is erased from my mind and my body. I manifest the youth of Spirit.*

The marks of old age can be erased from the body by mentally seeing it youthful.—*Christian Healing.*

Anatole France once remarked that man should grow younger as he grows older. The longer one lives, the younger he should become. By living, one has an opportunity to learn more of life and to demonstrate the victory of youth over the belief in age and decay.

Age results from the belief that man is material and must change and decay just as matter changes and decays. The consciousness that man is spiritual wipes away this belief and replaces it with the truth. Spirit does not age or change. Spirit is not temporal; Spirit is eternal, unchanging. Man is spiritual.

Those who look upon threescore years and ten as the length of human life place themselves under a law based upon mortality, not upon truth and life.

Those who know spiritual truth realize that the life and youth of Spirit is their life and youth. They base their lives upon life which is never diminishing, ever increasing, ever renewing, and everlasting.

Consciousness of youth makes the body youthful, supple, elastic, and pliable. It conveys to the body the feeling of springtime.

"He returneth to the days of his youth."

## SATURDAY, OCTOBER 17

*Word for Today: My mind and my body are resurrected from all belief in death and they are lifted to the Christ truth of eternal life.*

The resurrection of our bodies from the dead begins in our minds. We must change our ideas about the body, and hold to the Truth of its origin and destiny as conceived by God, in whose mind its real being exists.—*Christian Healing*.

The Truth about life erases from consciousness all belief in death. Man's body is the embodiment of his ideas and in it he embodies either the thought of life or that of death. The character of his body is the character of his thought. What the consciousness accepts as truth becomes the truth that dominates the physical organism.

Jesus taught life, not death, and through his teaching he sought to lift his students to a consciousness wherein they could resurrect their bodies from the mesmerism of death. Man's body is the vehicle that he needs in order to work out his soul problems. Without the body he would have no avenue of expression, no means for demonstrating the principles of being which it is every man's duty to demonstrate.

If one would demonstrate life, he must take his thought off death and its phenomena.

"God is unto us a God of deliverances;

And unto Jehovah the Lord belongeth escape from death."

## SUNDAY, OCTOBER 18

*Word for Today: Through love I am freed from all bondage to personal consciousness.*

Love . . . never gets weary or discouraged. Love is always kind and gentle. . . . jealousy has no place in its world. Love never becomes puffed up with human pride . . . its own comes to it without seeking.—*Christian Healing*.

Drummond speaks of the spectrum of love as having nine elements. We can substitute the names of these elements for the word "love" in our watchword and say: "*Through patience, kindness, generosity, humility, courtesy, unselfishness, good temper, guilelessness, and sincerity I am freed from all bondage to personal consciousness.*"

Personal consciousness includes all unredeemed thoughts about personalities. One cannot be impatient, unkind, and ungenerous with people when he has grown out of personal consciousness and has been born in the consciousness of the great universal.

Through love one not only exalts himself but he also inspires others to patience, kindness, and generosity; he arouses that in them which is loving, patient, and kind.

"Love suffereth long . . . is kind . . . envieth not . . . vaunteth not itself . . . doth not behave itself unseemly, seeketh not its own, is not provoked, taketh not account of evil; rejoiceth not in unrighteousness, but rejoiceth with the truth."

## MONDAY, OCTOBER 19

*Word for Today: God, the Father, dwells in me and I am now consciously unified with him.*

God is individually formed in consciousness in each of us, and is known to us as "Father," when we recognize him within us as our Creator, as our mind.—*Christian Healing*.

Man's spiritual parent, his divine Father-Mother, lives at the center of his being. The Creator ever remains at one with his creation. Man evolves outwardly; he grows from within. His work is to give expression to that which he has called "Father."

Truth definitely locates God for us. He is no longer without us or away from us. He is ever with us, ever within us. In Truth, man is always united to God but man needs consciously to know this truth. In the past, man thought contrary to this and, consequently, he now must establish in his consciousness the truth of unity.

The term, "Father," is misleading to many people because to them it represents something like a physical father. It seems to conjure up in their minds something with a form and tendencies like those of a human. The allegorical references in the Bible, when taken literally, give the impression that God is something having face, mouth, eyes, nostrils, wings, hands, and feet. Truth shows man that God is unlimited in dimension, that he is incorporeal.

"The Father is in me, and I in the Father."

## TUESDAY, OCTOBER 20

*Word for Today: My mind and my body are unified with God in the midst of me, and from him issue forth all life and all good.*

There is but one God in the universe, but one source of all the different forms of life or intelligence which we see.—*Lessons in Truth*.

In Truth we recognize God as the source of all good; we know that all life originates in him; we know that that which does not come from God has no real source and, consequently, has no life or reality.

We cannot say that disease has a real source, because only God is the real source of being. Disease cannot be thought of as having an absolute cause, because God alone is absolute. Disease is founded upon false beliefs and these have no foundation in Truth. Disease is based upon a consciousness that is contrary to the consciousness of Truth.

It is essential for us to know whether or not anything has its source in God, in Truth. Disease is denied away through one's knowing that it has no source in Truth and, therefore, no existence. Its appearance is replaced by the presence of health. We know that God, the one source, and his expression, perfection and health, are all that there can be.

Many of the unpleasant experiences which come in human life could be avoided if we would always apply the test and see whether they have God, reality, as their source and foundation.

“With thee is the fountain of life.”

## WEDNESDAY, OCTOBER 21

*Word for Today: God in the midst of me  
is wisdom and intelligence, and in him I am  
wise and intelligent.*

God as infinite wisdom or intelligence lives within every human being, only waiting to be led forth or drawn out into manifestation.—*Lessons in Truth.*

God within is man's source of wisdom and intelligence. We have access to all knowledge simply by turning from belief in ignorance and realizing that we have within us all that we need to know.

This moment we have access to all the knowledge that man will ever have. The wisdom that the world will have centuries hence is now at our disposal. The mighty truths known today would have been revealed centuries ago if there had been minds receptive to them. Remember, Truth always has existed and always will exist. Truth is never old and never new.

Man has been so inclined to look to external factors for wisdom and intelligence that seemingly he has dulled and blunted the inner faculties. He has denied these so long that now he must begin to bless and to praise them. The "I do not know" attitude must be replaced by the constructive one: *I do know because God, the all-wise, in me knows all truth.*

"Thou desirest truth in the inward parts;  
And in the hidden part thou wilt make me to know  
wisdom."

## THURSDAY, OCTOBER 22

*Word for Today: God is the total of all that has existence in absolute truth. God, the good, is my all in all.*

. God is good and God is all, hence there can be no real condition but the good.—*Christian Healing*.

In Reighter's "Omnipresence" we are admonished to let our "all" be all of goodness, of truth, of love, of life. When good, truth, love, and life fill our minds completely, there will be no room in our lives for anything else. We shall truly know that all there is in our lives is good, is of God. Evil, error, hate, and death have no foundation except the belief that they have existence; they pass from consciousness when we know that good alone has presence.

"To the pure all things are pure." When the consciousness is purified by denial of the impure, all that is left is that which is pure. The one of pure, spiritual consciousness perceives only that which exists in the pure mind of God, his own higher consciousness.

Good, truth, love, and life alone are based upon absolute truth. To give these all presence in our lives we must think good and truth and love and life at all times; we must know that there is no all but the allness of God.

God comprises everything that is good. He is the total of all that is based upon eternal principle. God is all that there is, all that has absolute reality.

"Good and upright is Jehovah."

## FRIDAY, OCTOBER 23

*Word for Today: God is the principle of all good and by this standard I judge all things.*

God is the name we give to that unchangeable, inexorable Principle at the source of all existence. . . . he is Principle, impersonal.—*Lessons in Truth*.

We have a standard by which we can build all our thoughts and our acts. This principle is unchangeable; it is reliable at all times; it is inexorable, inflexible, unyielding.

Many young students have not grasped the gigantic possibilities of being conscious of God as principle. They still hold to the concept of God as a person. They have not had the assurance and the certainty that are experienced by those who have become conscious of the true character of God.

There is truth in the evangelist's admonition to get right with God. It may be interpreted as an admonition to make one's life conform to the law and principle of God. There can be no other way for man to live a righteous life.

The principles for which a leader stands mean much more to his followers than his personality means. The personality is always tinged with that which is unreliable. Those who depend upon the personality of a teacher are, as yet, functioning in personal consciousness.

“The law of his God is in his heart;  
None of his steps shall slide.”

## SATURDAY, OCTOBER 24

*Word for Today: God alone has presence, being, reality, and existence in my life.*

God . . . is not only omnipresent, but more—  
Omnipresence.—*Lessons in Truth.*

The metaphysician knows that sin, disease, and evil have no presence, no being, no reality, and no existence in absolute truth. Sin, disease, and evil cannot share in the omnipresence, the omni-being, omni-reality, omni-existence of God. In Truth, absolute truth alone has omnipresence.

We declare that God is omnipresence in order to wipe from consciousness all belief that error can be present. By our mental attitude, we invite the realization that God, in his entirety, is actually here and that we are one with that blissful presence.

God is omnipresence. God is the presence or reality of truth, life, good, love, peace. God is the absence of sin, disease, and evil. Where adversity is not, there is God, because there can be no void.

Would you feel the omnipresence of God? Then fill your consciousness with Godlike thoughts. If God were a person, if God had a mind, if God could meditate as you do, what would be his consciousness and what his meditation? Try this simple experiment and you will find yourself in God consciousness and living in the omnipresence of God.

God's presence is man's presence in God. To know the Truth of God is to be present in him.

“The eyes of Jehovah are in every place.”

## SUNDAY, OCTOBER 25

*Word for Today: Loyal to God and Truth, I am fearless and free in finances.*

We have come to a place now where our search for the truth must no longer be for the rewards.—*Lessons in Truth.*

Demetrius manufactured silver statues for the followers of Diana. He opposed the teachings of Paul because their acceptance would put an end to his statue business. Many people, like Demetrius, think that religion makes for a life of sacrifice and lack. Christianity does not advocate a life of negation.

If one is loyal to God, he comes into the consciousness in which he knows that nothing can take his prosperity from him. He is fearless in his prosperity. There is no stagnation or lack in his finances.

Each one must come into the full realization of Truth. He must be willing to give up any religion or business which is not based upon Truth.

The absolute truth about God and man shows man how to prosper, how to have an abundance of every good, how to have sufficient supply for every need.

Be willing to renounce everything that is not in keeping with absolute truth. Then, working with the principle of God, you will unify yourself with prosperity.

“Yea, the Almighty shall be thy defence, and thou shalt have plenty of silver” (A. V.).

## MONDAY, OCTOBER 26

*Word for Today: I am spirited with the Spirit of God and I do all things with spirit and with energy.*

God is Spirit, or the creative energy which is the cause of all visible things.—*Lessons in Truth.*

The Spirit of God within us energizes us by filling us with life and animation. God alone is the power that causes and gives us spirit. God at the center of our being creates energy sufficient for all our demands. His Spirit is our Spirit.

If you feel that you lack spirit, become more conscious of the Spirit of God. Turn to the center of your being and contact God.

We cannot get energy from outside agents or forces. Drugs and stimulants but produce a false energy which is soon spent; they leave the individual with less energy than he had before using them.

When one is consciously unified with the energy of God within, his energy is never diminished or depleted. He never tires, because God is never tired or fatigued. In this consciousness man knows that with the energy of God he has sufficient energy to meet every demand.

To be in the Spirit is to live in that consciousness in which one is at all times spirited with the presence of God. One cannot live in the Spirit and lack energy and spirit.

“God is Spirit; and those who worship Him must bring Him true spiritual worship” (Weymouth).

## TUESDAY, OCTOBER 27

*Word for Today: God in the midst of me is life and this life fills my body with vitalizing health.*

God is not a being or person having life . . . God is that invisible, intangible, but very real something that we call life.—*Lessons in Truth*.

Man's very life is God. Those who look afar off for God should see that their life, their very existence, is God. Those who enjoy a great deal of life have a consciousness of abundant life. They do not see life as limited, short, hemmed-in, and diseased; life to them is full, abundant, buoyant, expansive.

By increasing our consciousness of this inner life, we can increase the life in our bodies. Through our minds we either prevent this life from flowing out into our bodies, by our clamping down limited thoughts upon it, or else we increase its flow.

All life comes to us from within. Life never comes to us from without or from any source other than God. When we consciously know this, both mind and body strengthen their unity with this inner spring of life. The more we affirm and realize that life comes to us from within, the more life we appropriate.

The metaphysician primarily does not deal with health; he works with consciousness and seeks consciously to realize that which produces health.

“Jehovah thy God . . . is thy life, and the length of thy days.”

## WEDNESDAY, OCTOBER 28

*Word for Today: The love of God casts all fear and hate from my consciousness, and my body is filled with healing love.*

God is love. We cannot see love, nor grasp any comprehension of what love is, except as love is clothed with a body. All the love there is in the universe is God.—*Lessons in Truth*.

Love is a remedy for disease. It serves to remove from the mind all trace of hate and of fear, mental states that tend to produce nonresponsiveness, resistance, and tension in the body. When neutralized through love they drop from consciousness, and love is expressed in the body as perfect health.

Many people accept disease rather than give up personal hate. They try external remedies but these have not power to wipe from consciousness the adverse thought producing disease.

Christianity is built upon the love of Jesus Christ. His followers who catch the spirit of his love fill both their minds and bodies with love and health. If through psychology and mental science you have failed to think love sufficiently to manifest health, seek to unify yourself with the love of Jesus Christ. Try to love your acquaintances with the same unlimited, impersonal love that characterized Jesus Christ.

We must let the love of God be far-reaching.

"He that loveth not knoweth not God; for God is love."

## THURSDAY, OCTOBER 29

*Word for Today: God's power is my power and his presence fills my mind and my body with power and strength.*

God is power. Not simply God has power, but God is power. . . . he is omnipotence (all power). —*Lessons in Truth.*

Think of the power of God as something with which you can connect at all times. Through superconsciousness man has the means of tapping this power and linking up with it. Man is God's idea of all-powerfulness. Man is made in the image and likeness of power and strength. By laying hold of power through consciousness, man demonstrates that he is God's idea of power and that he is made in the likeness of power.

Keep out of consciousness the belief that anything or any person can limit your power or diminish it in any way. There is nothing to keep man from making his unity with God and manifesting his God-given power.

Only man's limited thought can serve as a barrier or a dam to the flow of power in his mind and his body. Only man has power to choose between lack of power and perfect manifestation of power.

Power and strength increase through use. Through disciplining our consciousness to expect power, we invite its flow in us and cause it to manifest more readily.

“There is no power but of God.”

## FRIDAY, OCTOBER 30

*Word for Today: God is the substance and foundation of my life. Through God, I am unmovable and unchangeable.*

God, then, is the substance (from *sub*, under, and *stare*, to stand), or the real thing standing under every visible form of life, love, intelligence, or power.—*Lessons in Truth*.

Consciousness of God as substance gives one permanence, security, and endurance. Those who feel themselves blown about by every little adverse wind should meditate often upon the substance of God. This will tend to ground them firmly in Truth. If you are chameleonic in your relations with your friends, meditate upon the unchangeableness of God.

We think of God as the rock of ages, something which endures through all time. Our meditation upon this idea gives us firmness of character.

Substance is the reality underlying all things in Truth. We think of love and life as substantial because they have reality.

God, as substance, is our prosperity. By meditating upon substance we cause it to manifest as our abundant supply.

The counterfeit of substance is matter—that which changes, that which lacks permanence, security.

To know that God is the substance of mind, body, and affairs preserves one from beliefs in negations.

*"In thee, O Jehovah, do I take refuge . . .  
Be thou to me a strong rock."*

## SATURDAY, OCTOBER 31

*Word for Today: God is my supply and my support. His presence blesses and prospers all my affairs.*

The metaphysician affirms God to be his opulent supply and support.—*Christian Healing*.

Through spiritual consciousness the metaphysician realizes and beholds the presence of God as his abundant prosperity. This presence in consciousness casts out all belief in poverty and lack.

By realizing the Truth we dispel beliefs in lack and replace them with consciousness of prosperity; we cause the prosperity thought to objectify; we see its presence annihilate the appearance of poverty.

Take your limited thought off your affairs and you will no longer have limitation. Instead of talking hard times, talk prosperity. You have power through your word to command whatever you desire.

When through the higher mental and spiritual realms we contact the greater forces of being, we cause these forces to manifest as our all-sufficient supply. We bring out of the seeming void that which is needed for our supply and support. In such cases the neophyte is inclined to say that his supply has come from totally unexpected sources, but we know that the law has operated and that consciousness of prosperity has caused it to express.

When one finds that all other means of obtaining prosperity have failed, he should turn to the source.

“Our sufficiency is from God.”

## METAPHYSICAL DIAGNOSIS

**D**IAGNOSIS has its place in metaphysical healing just as it has in ordinary medical treatment. There is this difference: Metaphysical diagnosis must be strictly constructive. In the hands of a trained metaphysician, one able to clear the consciousness of negative thought, diagnosis is but the signpost to the healing thought.

We are often asked for a list of the causes of disease but seldom attempt to say that one negative thought causes one disease and one causes another. Many young students do not get past the place where they deal with negative causes. They do not readily let go of denials and replace them with positive truth. The absolute metaphysician is not so much concerned with causes of disease; his thought is given to that high positive thought which puts disease to flight.

Virtually every one who asks for ministrations needs the same introductory treatment: help in turning from the external, help in relaxing, help in reaching a better consciousness of unity with love and life. Only a strong treatment along this line would be needed, in many cases.

Diagnosis necessarily must depend upon something else than the name of the disease that the patient presents. He may mention a number of things and display in his mental make-up something that needs to be taken into consideration in the diagnosis.

In metaphysical treatment the practitioner removes from the consciousness of the patient the offending belief that produces disease. It is the thorn in the

flesh. Diagnosis reveals the nature of the adverse thought. The healer sees whether he needs to emphasize love, life, strength, or something else.

In order to show the close correspondence between negative thought and disease, let us refer to some of the common ailments of the human race. What naturally comes to our minds as the cause of indigestion? Thinking of the stomach as mind, what would you think of as taking place during mental digestion? Harmonious analyzation of ideas. The breaking up of food and the reducing of many ideas to a central thought represent the same mental process. The denial and the affirmation in metaphysical treatment therefore need to be based upon the idea of analyzation.

There are a number of race beliefs that contribute to the belief in indigestion: belief in lack of sufficient digestive power, belief that certain foods cause indigestion, and the mental attitude held during the digestive process. Through denials, these beliefs are wiped from consciousness; then the free-flowing life and power of Spirit surges through the body, causing normal functioning in the stomach.

What causes insomnia? The psychologists tell us: excessive activity of the brain; the physiologists say: the stomach is disturbed. There may be times when these suggestions on indigestion should be followed as an introductory treatment for insomnia. The disturbed mental condition is very noticeable in insomnia. The healer should seek to free the individual from worry and to lift him to a consciousness of casting his burden upon the Lord. Many have

been able to throw worry and care away simply by realizing: "Underneath are the everlasting arms."

What shall we say of lung trouble? The lungs represent, in the physical organism, man's ability to appropriate from universal life. The shallow breather or one with weak lungs is usually one who shuts himself away from contact with other people. He needs to be raised to a consciousness of the fact that he is not apart from universal life. The healer should affirm for him that he is one with the mighty, vitalizing breath of God!

Deafness shows a mental inclination to turn a deaf ear, to be obstinate. It is healed by the thought: "I am willing to listen to the still, small voice of God."

Cancer results from a belief that man is something that can perish. Base the treatment upon the truth that man is spiritual, permanent, eternal.

The skin is the outer protection and cover of the physical body. Skin irritations indicate in the sufferer an inclination to let outer things "get under the skin." Give the thought of cleansing, vitalizing, renewing life of Spirit, and include the realization that man is free from external irritation.

These are but illustrations to show how simple diagnosis is. We see that it is not at all mysterious. We see that the correspondence between negative thought and disease is unmistakable.

Diagnosis is but an incident in treatment. Salvation from disease depends upon the patient's being lifted to the clear realization of the healing presence of Christ. This cannot be emphasized too strongly nor can the treatment in this respect be too powerful.

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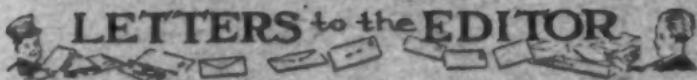
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## LETTERS to the EDITOR



*Visalia, Calif.*—Unity Daily Word has been a wonderful help to me and has filled a long felt want. To me it is far better than any other publication. I wish to renew my subscription for five years.—*A. B. C.*

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*Oak Park, Ill.*—Unity Daily Word is one of the finest things that you have as yet published. The thought for a single day has been of infinite value to me, and it alone is worth many times the price of the subscription.—*Mrs. W. L. A.*

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